



# MID-PACIFIC ROAD RUNNER

January 1988



## PRESIDENT'S CORNER

We have a real heavy schedule coming up. In addition to our regular club races this coming quarter, we have several new ones to support - very close to each other.

The new RRCA 10 Mile, on the original "Classic" course at Schofield Barracks on February 27, then the McKids Family Run March 19 and the RRCA 10K on a new Keehi Lagoon course the next day.

We will need lots of help to pull these off. So call me at 438-1093 or Ron Pate at 735-9378. Really!

We also have an Awards Banquet and election to prepare and do. If you would like to help on the Awards affair, call Buddy Leighton at 833-7635, and if you want to work on the election Nomination Committee, call me.

Turnouts at Bosetti and the Biathlon with Waikiki Swim Club were small. Both were well conducted and fun (almost a PW for me in the water).

If you are not getting this newsletter (i.e. have to read someone else's) make sure Ellen Cavender has your current address and dues (395-2237).

Let's meet at Barbers Point, too.

## QUARTERLY MEMBERSHIP MEETING

THURSDAY, JAN. 28

7:30 P.M.

WAIKIKI-KAPAHULU LIBRARY

## COMING SOON JAN. - MAR. '88

**Barbers Point**  
**RRCA 20K Championship**  
Sunday Feb. 7 7 a.m.

Register the morning of the race at White Plains Beach on Barbers Point Naval Air Station. Take H-1 toward Waianae, turn off at the Barbers Point exit and go about a mile to the gate of the NAS. Ask the sentry for directions. It is about 3 miles to the beach from the gate and will be dark. Course is a flat double loop. The finish area is adjacent to the beach picnic area; showers are available. Entry fee is \$2 for members and \$3 for non-members. Start time is 7:00 A.M.

**10 Mile Classic**  
**RRCA Championship**  
Saturday Feb. 27 7:30 a.m.

The Classic will be revived at the Schofield course. MPRRC and Tropic Lightning Striders will conduct it. Register the morning of the race at Stoneman Field before 7:15 A.M. The race starts at 7:30. The course will be the same one used for the original classic put on by Runner's Life Magazine a couple of years ago. The entry fee is \$2 for members and \$3 for non-members.

**MPRRC 4M RUN**  
Saturday Mar. 12 7 a.m.

No prize money, no entry fee for member's - just come out to Bellows Air Force Station at Waimanalo and enjoy a pleasant, cool run under the ironwood trees with no traffic. When you reach the base exchange on the beach side of the road turn left and park on the runway

## 1988 RACE SCHEDULE

Feb. 7	Sun.	7 a.m.	Barbers Point RRCA 20K Championship
Feb. 27	Sat.	7:30 a.m.	RRCA 10 Mile Classic
Mar. 12	Sat.	7 a.m.	MPRRC 4 Mile Run
Apr. 3	Sun.	6 a.m.	Norman K. Tamanaha Memorial Run 15K
Apr. 10	Sun.	5 a.m.	Schofield 50M RRCA Championship
May 1	Sun.	5:30 a.m. 7 a.m.	57M Relay Wheeler-Schofield Trails End 10K
May 29	Sun.	7 a.m.	Lenikai Bike Path 8K
June 19	Sun.	6:30 a.m.	Hickam RRCA 15K Championship
July 3	Sun.	7 a.m.	Kailua Beach Run 4.4M
July 9	Sat.	5 p.m.	RRCA One Hour Run
July 31	Sun.	7 a.m.	Kawainui Marsh Run 6.9M
Aug. 7	Sun.	7 a.m.	Kilauea Hill Run 8M
Aug. 21	Sun.	6:00 a.m.	Schofield RRCA 25K Championship
Sept. 4	Sun.	7 a.m.	Old Pali Road Run 4M
Sept. 24	Sat.	7:00 a.m.	Champagne & Chocolate Couples 10K Classic
Oct. 2	Sun.	7 a.m.	Tantalus 10M (clockwise)
Oct. 30	Sun.	5:00 a.m. 5:30 a.m.	30/30 - 30K RRCA Championship 30 Mile Relay
Nov. 6	Sun.	7 a.m.	Moanalua/Salt Lake 10K
Nov. 20	Sun.	7 a.m.	Kapiolani Park RRCA 5K Championship
Dec. 18	Sun.	7 a.m.	Diamond Head 5M Run



# RACE RESULTS

## KAPIOLANI PARK 5K 11/22/87

001	14:44	Chappins, Rueben	M30	058	20:44	Sandefur, Charles	M40	119	26:03	Chin, Jeff	M15
002	15:50	Brown, Calvin	M30	059	20:58	Pak, Sammy	M15	120	26:09	Flynn, Joan	F60
003	16:20	McMahon, Mike	M20	060	20:59	Fitzgerald, Michael	M10	121	26:23	Schwartz, Karen	F30
004	16:42	Anderson, Kimothy	M15	061	21:01	Miles, Gerald	M50	122	26:25	Bealer, David	M50
005	16:43	Jon, Sang Ung	M15	062	21:05	Ching, Mervin	M30	123	26:28	Baroro, Domingo	M15
006	16:52	McGhee, Bryan	M20	063	21:10	Del Prado, Byron	M15	124	26:35	Schubert, Larine	F40
007	17:00	Keeney, Christopher	M15	064	21:12	Heidrich, Ruth	F50	125	26:36	Blake, Christopher	M15
008	17:11	Pate Ron	M40	065	21:12	Mathias, Bart	M50	126	26:44	Yamashita, Peter	M30
009	17:17	Schroeder, Jon	M20	066	21:16	Clark, John	M40	127	26:49	Beddow, Abe	M50
010	17:24	Lum, Clifton	M15	067	21:18	Dougherty, Diane	F30	128	26:50	Song, Young	M15
011	17:34	Worthen, Gregory	M20	068	21:21	Meinderttsma, Jay	M10	129	26:53	Del Prado, Michael	M10
012	17:37	Fabrao, Jason	M20	069	21:27	Moore, Dennis	M40	130	26:54	Lautz, Tom	M15
013	17:40	Perry Mark	M30	070	21:32	Kawanishi, Gregg	M10	131	26:55	Johnston, Sandra	F15
014	17:43	Tom, Michael	M15	071	21:36	Tipton, David	M30	132	27:14	Haru, Michael	M15
015	17:43	Bump, Jerry	M15	072	21:39	Malama, Gaylan	M10	133	27:22	Chong, Perrin	M15
016	17:50	Howlett, Wanda	F20	073	21:44	Obara, Christa	F40	134	27:25	McGuire, Kaleo	M15
017	17:57	Gutierrez, Ralph	M15	074	21:45	Iha, Owen	M40	135	27:26	Pang, Howard	M15
018	18:08	Russin, Kenneth	M15	075	22:02	Fujii, Arthur	M30	136	27:27	Pavao, Patrick	M15
019	18:09	Faerber, Johnny	M50	076	22:20	Colling, Terry	M40	137	27:34	Brath, Eyke	F15
020	18:10	Nigro, John	M30	077	22:22	Snapp, Ronald	M20	138	27:41	McClelland, Robert	M30
021	18:13	Clock, Russell	M15	078	22:24	Miller, William	M20	139	27:44	Rutkowski, Larry	M15
022	18:14	Buenafe, Larry	M15	079	22:26	Obero, Freddie	M30	140	27:45	Hampton, Lance	M15
023	18:15	Stahlberger, Werner	M40	080	22:29	Lee, David	M15	141	27:56	Hechanova, Gerry	M10
024	18:16	Sims, Gordon	M40	081	22:30	Cavender, Hank	M40	142	27:56	Daluson, Chad	M15
025	18:17	Pernetta, Paul	M40	082	22:31	Miller, Albert	M20	143	27:57	Puni, Aumauinnuese	M15
026	18:19	Wong, Timothy	M30	083	22:31	Rippel, Frank	M30	144	28:00	Torriger, Joe	M15
027	18:25	Pike, David	M30	084	22:31	Robredo, Albert	M30	145	28:02	Mochizuki, Reid	M15
028	18:39	Worley, J. R.	M10	085	22:44	Galiza, Joey	M10	146	28:04	Manadic, Denia	F1
029	18:40	New, Bruce	M20	086	22:46	Haraguchi, John	M40	147	28-09	Wysong, Melissa	F1
030	18:44	Stuart, Bill	M40	087	22:46	Sandefur, Joel	M15	148	28:17	Shibasaki, Masato	M70
031	18:52	Vandervort, Dave	M30	088	22:50	Cain, Aaron	M15	149	28:20	Murphy, Michael	M30
032	18:53	McDougall Susannan	F15	089	22:51	Buchanan, Roy	M30	150	28:20	Kanekua, Kaimana	M15
033	19:05	Ihara, Matthew	M10	090	22:51	McClellan, John	M40	151	28:23	Knowles, Patricia	F30
034	19:05	Wheeler, Bob	M30	091	22:52	Ing, Avis	F30	152	28:31	Ames, Vivian	F50
035	19:07	Cabanilla Jr., Pete	M30	092	22:52	McGuire, Patrick	M15	153	28:34	Roberts, Tom	M60
036	19:08	Andereson, Vilma	F15	093	22:55	Obrero, Julieann	F10	154	28:41	Yamasato, Aaron	M15
037	19:06	Wiig, Howard	M40	094	22:55	Wysong, Daniel	M1	155	28:42	Hampton, Derek	M15
038	19:10	Netz, David	M15	095	22:55	Newlell, Thomas	M40	156	28:48	Roberts, Nancy	F60
039	19:14	Duest, Douglas	M20	096	23:19	Doleman, Robert	M50	157	28:50	Suh, Mikyung	F15
040	19:17	Muthersbaugh, Phil	M40	097	23:28	Tabura, Kevin	M15	158	2856	Stout, Alexandra	F20
041	19:35	Kusumoto, David	M15	098	23:35	Hall, John	M50	159	29:09	Torres, John	M15
042	19:37	Liu, Charles	M30	099	23:41	Sherman, Martin	M60	160	29:15	Makishi, Cory	M15
043	19:39	Inada, Naoto	M60	100	23:51	Churma, Janice	F30	161	29:23	Smith, Christine	F15
044	19:42	Hotta, Tomomasa	M15	101	23:51	Leung, Kin Pong	M15	162	29:24	Pritchard, Kristina	F15
045	19:43	Fortin, Starlene	F20	102	24:02	Bresnahan, Karan	F20	163	29:33	Barbieto, Cindy	F30
046	19:46	Barbieto, Dido	M40	103	24:08	Sanchez, Virginia	F20	164	29:34	Ajifu, Lynn	F20
047	20:00	Hubbard, Robert	M50	104	24:12	Ito, Graig	M10	165	29:40	Higuchi, Shawn	M10
048	20:01	Kimitsura, Kenneth	M10	105	24:18	Kim, David	M15	166	29:41	Tretteen, Corey	M15
049	20:03	Osborn, Gary	M50	106	24:19	Paleka, Herbert	M15	167	29:51	Goodman, Wilfred	M60
050	20:11	Chun Harris, Sandi	F30	107	24:31	Gomes, Roy	M20	168	29:55	Chang, George	M10
051	20:12	Meelee, Dennis	M15	108	24:33	Lowe, Raphael	M15	169	30:08	Terukina, Bob	M70
052	20:13	Leighton, Buddy	M30	109	24:34	Manadic, Cameron	M10	170	30:09	Anderson, Tonya	F20
053	20:16	Rowe, Linda	F30	110	24:47	Oshiro, Kerry	M30	171	30:25	Quilindrino, Kelly	F15
054	20:23	Ching, Linda	F20	111	24:50	Meinderttsma, Joshua	M1	172	30:31	Miyasaki, Gaye	F30
055	20:26	Burgess, Bill	M50	112	24:55	Zamperelli, Barbara	F50	173	30:47	Artigas, Ella Dora Joy	F15
056	20:34	Conn, Bobby	M30	113	25:08	Godek, Karimez	M60	174	30:51	Sandefur, Justin	M1
057	20:35	Pike, Elizabeth	F20	114	25:13	Jackson, Keaka	M1	175	30:59	Henson, Velda	F30
				115	25:19	Cardonick, Ed	Mxx	176	31:09	Datangel, Melvin	M15
				116	25:40	Jackson, Jodi	F10	177	31:25	Power, Kikuyo	F30
				117	25:41	Kimitsura, Richard	M40	178	31:25	Power, Michael	M30
				118	25:44	Wysong, Linda	F30	179	31:38	Serikawa, Jody	F20







## **TRAINING PROGRAM**

Brian Clarke is directing his 4th Island Triathlon Training Program. The 14-week program is for beginning and intermediate athletes preparing for the Tinman in mid-July.

Weekly workouts will be held on Mondays and Wednesdays from 5:30 to 7:30 p.m. and Saturdays from 6:30 to 8:30 p.m. and include individualized instruction on bike technique and safety, time trials on the Tinman course, mini-triathlons, video swim clinics at UH pool and coaching by an experienced staff of ten.

Brian will coach the runners, Eve DeCoursey the bikers, Jan Prins the swimmers, and Ruth Heidrich is the cross-training coach. Tuition for 50 sessions is \$225. The program starts April 2. For more information call Brian Clarke (737-4340) or Island Triathlon and Bike Shop (732-7227).

## **QUARTERLY MEMBERSHIP MEETING**

**THURSDAY, JAN. 28**

**7:30 P.M.**

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## **Executive Committee Meeting 1/13/88**

The Executive Committee determined that Life Members should not pay entry fees for RRCA Championship races.

Ron Pate reported that the RRCA 10K Championship on March 20 will be run at Keehi Lagoon.

Three possible dates were proposed for this year's awards banquet: Friday, April 29th; Saturday, April 30th; or Saturday, May 7th. (If you have strong concerns or preference regarding any of these dates, please contact Buddy Leighton at 833-7635.)

### **1987-88 Club Officers**

President-Bob Doleman	833-7803
V.P. Race Admin-Ron Pate	735-9378
V.P. Admin-Buddy Leighton	833-7635
V.P. Publicity-Doug Ehresman	926-4078
Secretary-Ellen Cavender	395-2237
Treasurer-April Smith	836-7771

### **Welcome New Life Members!**

**Doug Ehresman  
Naoto Inada  
Frank Pugliese**

**MID-PACIFIC ROAD RUNNERS CLUB  
P.O. BOX 2571  
HONOLULU, HAWAII 96803**

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